

## WHAT IS CLAIMED IS:

1. An apparatus, comprising:

a reversible pedal body having first and second surfaces, wherein said first surface is adapted to contact an associated foot, said second surface is adapted to contact an associated shoe, said reversible pedal body being a single part, said pedal body having a front oppositely disposed from a rear, said pedal body having first and second lateral edges extending between said front and said rear, said pedal body being operatively connected to an associated exercise device.

2. The apparatus of claim 1, wherein said first surface is curved.

10 3. The apparatus of claim 1, wherein said first surface further comprises a concave portion and a convex portion so as to substantially conform to the arch of the foot.

4. The apparatus of claim 1, wherein said first surface further comprises:

a front edge substantially flush with said rear of said pedal body; and

a rear edge substantially flush with said front of said pedal body.

15 5. The apparatus of claim 4, wherein said front edge is left or right directional.

6. The apparatus of claim 1, wherein said second surface further comprises:

a front edge, wherein at least a portion of said front edge is recessed from said rear of said pedal body; and

a rear edge, wherein at least a portion is recessed from said front of said pedal

20 body.

7. The apparatus of claim 6, wherein said front edge is right or left directional.

8. The apparatus of claim 1, wherein said second surface comprises tread.

9. The apparatus of claim 1, further comprising securing means operatively connected to said pedal body, wherein said securing means is adapted to rotate substantially 360 degrees around said pedal body.

10. The apparatus of claim 1, further comprising securing means operatively connected to said pedal body, wherein said securing means is adapted to rotate substantially 180 degrees around said pedal body.

11. The apparatus of claim 1, further comprising at least one weight operatively connected to said pedal body, such that one of said surfaces faces substantially upwards as said pedal body approaches an equilibrium position.

10 12. A foot pedal for an exercise device, comprising:  
a reversible pedal body having first and second surfaces, wherein said first surface is adapted to contact an associated foot, said first surface being curvilinear, said second surface is adapted to contact an associated shoe, said pedal body having a front oppositely disposed from a rear, said pedal body having first and second lateral edges extending between said front and said 15 rear, said pedal body being operatively connected to an associated exercise device.

13. The foot pedal of claim 12, wherein said first surface further comprises a rear edge, said first surface having a concave portion transitioning into a convex portion.

14. The foot pedal of claim 12, further comprising at least one weight operatively connected to said pedal body.

20 15. The foot pedal of claim 12, wherein said foot pedal comprises a plurality of weights operatively connected to said pedal body such that one of the surfaces faces substantially upwards as it reaches an equilibrium position.

16. The foot pedal of claim 12, further comprising securing means operatively connected to said pedal body, wherein said securing means is adapted to rotate 360 degrees about said pedal body.

17. The foot pedal of claim 12, wherein said second surface further comprises tread, 5 said tread adapted to provide friction engagement with the shoe.

18. A reversible foot pedal, comprising:

a pedal body having a first surface and a second surface oppositely disposed from said first surface; and,

securing means operatively connected to said pedal body, said securing means 10 adapted to limit movement of an associated foot relative to said pedal body, wherein said securing means is adapted to rotate about said pedal body such that an operator can position an associated foot on either said first surface or said second surface to utilize said securing means without removing said securing means from said pedal body.

19. The reversible foot pedal of claim 18, further comprising:

15 a horizontal plane between said first surface and said second surface; and at least one weight having a central axis, wherein said central axis is displaced from said horizontal plane.

20. The reversible foot pedal of claim 18, wherein said first surface is adapted to contact an associated foot and said second surface is adapted to contact an associated shoe.

20 21. A method for using a foot pedal with an exercise device, the method comprising the steps of:

providing a pedal body having a first surface and a second surface oppositely disposed from said first surface; and securing means operatively connected to said pedal body;

positioning an associated foot on said first surface;  
removing the foot from said first surface;  
rotating said securing means about said pedal body; and,  
repositioning the foot to said second surface.

5

22. The method of claim 21, wherein said pedal body further comprises a horizontal plane between said first surface and said second surface, the method further comprising the step of:

providing a weight having a central axis, said weight operatively connected to  
10 said central axis;  
positioning said weight such that said central axis is displaced from said horizontal plane.

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